

THE RALLY

Published monthly by

National Headquarters Girl Scouts, Inc.

Vol. I. No. 2

November, 1917

Ten cents a copy
One dollar a year

Physical Education and the Girl Scout Movement

Ideas from Many Minds on Varied Aspects of Scout Program

Mary E. Gross, Assistant Director Physical Education, Cincinnati Public Schools

Modern physical education involves mental and moral education, offers opportunity for expression of natural interests and lays emphasis upon those activities which will train for future usefulness.

The aims of the Girl Scout movement coincide with the best aims of modern physical education. In fact the material or activities of each in many cases are identical. The Girl Scout organization aims to give the girl an opportunity to do the things that the girl naturally wishes to do, and at the same time gives her activities which are mentally, morally and physically stimulating. The chief value of Scout activities is that the girl is being trained for fine womanhood and fine citizenship and that she is gaining experience and training in those broader social relationships so essential to complete development.

The question which arises is this: How can Girl Scout activities be made a part of a physical education program? The question may be partly answered by an illustration. In one of the large High Schools of Cincinnati credit in Physical Training is given not only for work done in the Gymnasium, but for work done out of school and after school hours such as participation in athletic games, swimming and hiking. In fact it is rather difficult to obtain a good grade or mark unless one has participated in these activities. Here is an opportunity for direct correlation. Credit for hiking with the Girl Scout troop may be given in physical training.

There are many other possibilities particularly in relation to the incorporation of scout activities into the regular class program. Semaphore signalling would make an excellent drill and would have more mental content than the average wand or calisthenic drill. Opportunities for co-operation with the Domestic Science Department are just as great. Credit for meals cooked over the open fire, for preserving and canning would stimulate interest in both troop and class work.

In conclusion the Girl Scout movement has an educational value which warrants co-operation and incorporation in existing departments in educational systems. The main business now of the Girl Scout leader should be the directing of public opinion to the value of the movement.

Dr. C. Ward Crampton, Director, Physical Training Department of Education, New York City

As some of you know I have charge of the physical training, athletics folk-dancing and care of the health of the 700,000 school boys and girls in New York City in so far as the Department of Education can do this great task. I have long been connected with the Boy Scouts and have become very much interested in the success and spread of the Girl Scout movement.

One of the best features of the Girl Scout program is the study of ways to become more efficient. The tests which you must pass and the merit badges, for which you strive, provide a process of training which ensures to America a generation of women citizens worthy of its best ideals.

The spirit of service and training to help others reach their highest value to home and state when they are accompanied by good health. It is of the greatest importance that every Girl Scout should care for her own health if she would give to those about her the best benefits of her loyalty and service.

I would suggest that particular attention be given to the beginning of every day. Nothing is more conducive to a bright happy vigorous day than starting it well. The best way to start is the night before, when all clothes, school books and personal belongings are put in perfect order and the windows opened before you get in bed.

Set a time for rising and never depart from it. Take setting-up exercises immediately on getting up. I recommend the following:

1. Deep breathing; raising the chest, arms and head with the intaking breath, 5 times.
2. With hands on hips, bend the trunk deeply forward, backward, right and left, 20 times.
3. Knee raising alternately, right and left, the knee touching the chest or even the shoulder each time.
4. Bending knees and rising on toes, 10 times.
5. Deep breathing again, raising the chest, arms and head, looking upward on the intaking breath.

Follow the exercises with a cold bath, a shower, if possible, or a tub or sponge, and end with a brisk rub with a coarse towel.

Josephine Daskam Bacon, Captain,
Pleasantville, N. Y.

In my opinion the greatest all round physical benefits of the Girl Scout movement come from the simple exercise of *walking*. Whether you make this tempting, by doing it in uniform; instructive, by adding a clever teacher; technical, by including signalling, cooking, map-making, etc., at the end of it—all this is, though the girls do not know it, a side issue. If calling a brisk, long walk a "hike" can induce the American girl to take one, that alone would justify the Scout movement. Walking is, beyond any doubt, the greatest single exercise known: it is the cheapest, the least complicated, the easiest to adapt to any scheme of life. A nation of good walkers is a healthy nation; one of the greatest advantages of the little old red school house was probably the fact that no street car led to it.

I should like to see 100,000 Girl Scouts who thought nothing of five miles in any weather.

Laura P. Holland, Secretary, Buffalo, N. Y.

Camping seems to me the best physical feature of our work because it includes within itself many desirable forms of exercise and affords opportunity for wide and varied activities.

Living in the open and performing the duties of camp life are, of themselves, excellent. In such an environment drilling and hiking are undertaken with added zest.

Then, and this is to me a most important consideration, a certain *esprit de corps* is gained through out-of-door life together, the spirit of team play, big and vital, which comes from being, for a time, an isolated body dependent on its individual members for all that goes to make healthy work and play. For these reasons I look upon camping as a most effective way of putting emphasis on the desirable physical features of our program.

Jesse F. Williams, Director, Physical Education, University of Cincinnati

I am sure that the Girl Scout program is very closely associated in spirit with the best that we can think of in physical education.

Adele S. Burleson, Member of Council,
Washington, D. C.

The hiking and camping features of the Girl Scout program never appealed to me unless there was a definite purpose of a practical nature involved.

I feel that the most valuable lessons in character building come to girls in their daily home life, through their participation in the regular routine of home duties. The planning and preparation of meals, the caring for smaller children, the supervision of certain of the many problems that fall upon the mother and housekeeper, all bring out of the girl a sense of responsibility that cannot be so well developed anywhere else.

Even though the amount of aid she gives her mother be but slight, it has its place in her life and entails certain thought and self-sacrifice.

Now, when the Girl Scouts here started their garden work I felt most enthusiastic for

that was definite, practical work. If the camping program may be arranged so that it includes along with the frolicking and picnicing a certain amount of actual garden work and also a certain amount of canning, drying of fruits and vegetables, I am sure it will make a much greater, more important contribution to the girl's training along preparedness lines than if only the recreational features are emphasized.

There are really but few places where recreational camps are a necessity. And there are unfortunately too few girls who are able to put forth the sustained effort necessary to carry a definite piece of work to a creditable conclusion.

If the girl scout training develops through its activities a concentrated interest and a settled purpose of achievement along any line, its value to the girls and to society is above estimate.

Hester Gunning, Captain, Fall River, Mass.

My experience justifies my thorough belief in the physical program of the Girl Scouts for young working girls whose opportunities for the right kind of recreation are limited. My troop numbers twenty-two. All are working girls between the ages of fourteen and seventeen, with the exception of one school girl. Most of the girls come from one mill. Weekly meetings are held and the troop goes on Saturday afternoon hikes. A part of every meeting is given up to drilling, gymnastic exercises, social dancing and games.

Marjorie Edgar, Secretary, Minneapolis

Hiking seems to me the most important physical part of scout work since it is something that is not given the girls in connection with the schools. Of course camping does on a large scale what hiking only commences, but it is not always possible for all scouts. Military and setting up drills and team games should be a part of every troop program, all being so arranged as not to duplicate what is done in the schools.

Helen Ward Stevens, Commissioner, Wellesley, Hills, Mass.

One of the chief disadvantages of the usual gymnastic training for girls is that it is so largely indoor work. I find that in a great many public schools, especially in small cities or towns this side of the work suffers because of the greater stress laid on the athletic work for the boys. A small minority of girls may play basketball when the boys are not using the gymnasium, but this leaves the great majority who are either physically unfitted for the strenuous game or who for various reasons fail to make the teams, almost unprovided for except by a possible few minutes of standing exercises.

Now comes the Girl Scout movement with all its varied physical activities, its military drill, its signal practice, its games, its hikes, to supply just what the girl lacks in school. Nothing has yet been invented which excels military drill as a training in co-ordination

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National Service of the Girl Scouts

CARDINAL'S RESIDENCE
108 North Charles St.
Baltimore

October 10, 1917

My dear Mrs. Low:

I have heard with great pleasure of the success of your very good work and of the assistance which your association of young girls is giving to the Bureau for Food Conservation. Anything which emphasizes woman's work in her true sphere, has my hearty approval.

Faithfully yours in Xto.,

J. Card. Gibbons

UNITED STATES FOOD ADMINISTRATION
WASHINGTON, D. C.

Mrs. Juliette Low,
Wodeleese, Ossining,
New York.

My dear Mrs. Low:

May I take this opportunity to express the appreciation of the Food Administration for the work that the Girl Scouts of the District of Columbia have been doing under their leader, Mrs. Colman, during the past few months, along the lines of conservation of food. I must sincerely hope that the Girl Scouts throughout the whole of the United States, under your valuable leadership, will follow the splendid example set by these girls in our Capitol City. The training which the girls are receiving in home economics, at this time, will not only help win the war, but is a large factor in developing in them the home instinct which will prove so valuable in later years.

Thanking you for your co-operation in this work, I am,

Yours very sincerely,

Herbert Hoover

QUIETLY and unostentatiously without expectation of official recognition or of any reward other than the satisfaction that comes from service rendered, the Girl Scouts are making a notable contribution to the great war work of their country.

Diverse as this war work is, and widely scattered as are the units of the organization doing it, the total accomplishment has now attained such a bulk as to afford an indication of the value of the girl power of the country in the national emergency.

In the beginning, when the whole country first bent itself to the task of winning the war, the work of the Scouts was a little at loose ends. As a unit they did not count. They worked their honest earnest young fingers off and saw their output credited to a grown-up organization. This did not bother the Scouts in the least. They were working for their country, and the credit could take care of itself.

Spirit Wins Recognition

But justice is justice, and little by little the simple sincerity and steadfastness of the Scouts gained them the recognition they themselves had not demanded.

The Red Cross was the first to recognize their work and to assign them a definite place in its great war program.

Then the Food Administration came to see the exceptional value of the Girl Scouts in its mighty task, and to detail regular work to them, certain always of its faithful performance. How complete and generous is the official appreciation of what the girls have done is indicated by Mr. Hoover's letter to Mrs. Juliette Low, published herewith.

Recognition no less gratifying came too from another high place—from Cardinal Gibbons, of Baltimore. How gratifying this particular endorsement is can only be realized by those who know how conservative the great prelate is in matters of this kind. His letter of October 10, addressed to Mrs. Low is a rare tribute to the work of the Girl Scouts.

The war work of the Girl Scouts divided itself naturally under three heads: Red Cross, food conservation, and work for the soldiers.

Service to Red Cross

When the Girl Scouts, through their president, Mrs. Juliette Low, offered their services to the Red Cross at the beginning of the war,

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PUBLISHED MONTHLY BY

National Headquarters Girl Scouts

Incorporated

527 Fifth Avenue, New York



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*Application pending for entry at the Post Office,
New York, as second class matter.*

Girl Scouts' Declaration of Principles

In adopting a new Constitution and By-laws, we are putting ourselves into a position, whereby we can exert the full strength of our organization in perfecting a comprehensive scheme for the training of the American girl.

We propose next to enlist the best talent of the whole country in blocking out a program, and to secure the criticism of the largest possible number of persons competent to offer advice on the best ways and means of putting it into practice. We shall submit our own program to the judgment of these experts, in the confident belief that they will find it essentially correct in its interpretation of the principles of scouting, and an indispensable part of that ideal program for which we are striving. We are ready to yield anything in our system of administration or plan of work that may be pronounced by competent authority either disadvantageous in practice or subversive of the larger good. In a word, we will permit no selfish interests of the Girl Scouts to interfere with the development of a nationwide organization designed to promote the best interests of girls.

We invite the co-operation of all organizations concerned with the training of girls, asking them to contribute their best for the good of all, and to join with us in sinking minor differences. We ask also the active assistance of the Boy Scouts of America, an organization founded on the same principles as ours and springing from the same source, because we believe the wisdom of expert judges will devise a program which will preserve to the girl

the dignity of her sex and arouse in the boy the chivalry of the scout. For the sake of harmonious co-operation between the Boy Scouts of America and the forthcoming national organization for girls, without which co-operation the best interests of both will be jeopardized, we will gladly consider any equitable suggestion for removing causes of friction. The making of a program broad enough to include all proper interests of girls, and convincing enough to command the respect and confidence of the public at large, is the ultimate object of our endeavor.

Christmas for the Soldiers

A Message from the National President.

Dear Captains, Patrol Leaders and Girl Scouts:

We must begin at once thinking of our Christmas gifts for the soldiers; begin making plans for doing our share toward giving the men in the camps a merry jolly Christmas.

We cannot send a Christmas box to the troops in France. Ships are too scarce, and may be used only to transport men, munitions and food.

We may, however, give a vast deal of fun and pleasure to our soldier boys in the cantonments here at home.

It would be wonderful to have a Girl Scout Christmas tree in every camp, and it is possible that in some places this might be done. But it would be a pretty large undertaking, and it will probably be wisest for the Girl Scouts to arrange to co-operate with the Red Cross or the Y. M. C. A. centers, which have greater facilities for managing a thing of this kind. By working through and with these agencies the efforts of the Girl Scouts will be made to count in the most effective way.

Certainly each Girl Scout should make a bundle to hang on soldiers' Christmas trees. You must get a khaki handkerchief eighteen inches square as the basis of the bundle. Into it may be put five gifts. Such articles as the following are acceptable; letter paper and writing pad and pencil, a pipe (not clay), tobacco or cigarettes, chocolate bars or hard candies easily packed, games such as packs of cards, dominoes, checkers or puzzles.

Pin these gifts into the handkerchief with two safety pins, and on the outside fasten a card with Christmas greetings, your patrol number, troop number, and flower crest, so that the soldier who receives your bundle may, if he feels so inclined, send you a word of thanks.

JULIETTE LOW.

THE RALLY greets the *Girl Scout Messenger*, a bright and vigorous young member of the newspaper family, published by the Girl Scouts of Philadelphia. The four large pages, enlivened by illustrations, are barely sufficient to chronicle all the lively doings of Philadelphia's lively scouts. Miss Edith Harper is the editor-in-chief; Elizabeth Thomas, the jokes and personal editor; E. Gwen Martin, the literary critic, and Bertha N. Green, the business manager.

Convention Makes History

Gathering of Girl Scout Leaders Takes Important Action

THE convention of Girl Scout leaders, held October 26 and 27 in New York, made history for the organization. The adoption of the new constitution and by-laws presented by the Committee on Organization was the most notable single piece of business accomplished by the gathering. Scarcely second to it, however, in important results was the general and spontaneous discussion of various matters of policy and practice participated in by officers, delegates and leaders. This free exchange of ideas had the effect of clearing up many vexed questions, and, taken in connection with the broad new plan of organization offered by the constitution, of opening the way for the fullest and finest development of the Girl Scouts.

The sessions were presided over by Dr. James E. Russell, chairman of the executive committee, who announced in the beginning that all parliamentary rules were suspended, and that as many people could talk at once as wanted to; that this meeting was like the gathering of a big family to talk over family matters.

Notable Greeting to President

The reception that greeted Mrs. Juliette Low, the national president, when she arose to extend greetings to the convention was notable. The whole gathering rose as one to honor the slender little lady in black who bowed her head before the prolonged applause.

Mrs. Low spoke briefly and simply of the strong, steady growth of the Girl Scouts and the greatly increased opportunities for service that the war had brought them. She read letters from Cardinal Gibbons and from Mr. Herbert C. Hoover, expressing their appreciation of the accomplishments of the Girl Scouts in the work of food conservation; a most interesting and inspiring communication from Sir Robert Baden-Powell, the father of all scouting, and a gracious acceptance from Mrs. Woodrow Wilson, wife of the President of the United States, of the honorary presidency of the Girl Scouts.

Committee Reports

Mrs. Arthur Osgood Choate, of New York, presented the report of the Committee on Field Work. She outlined briefly the accomplishments of the three field workers now employed, Mrs. Edna Mary Colman, in Washington, D. C.; Miss Cora Nelson, in Ayer, Mass., and Miss Edith Valet, in the environs of New York City, and spoke of the plan of having a field worker from Headquarters at the service of local councils whenever they required her assistance in matters of organization or in meeting special problems. Such problems are often found in communities adjacent to the great army cantonments where scout activities have demonstrated their usefulness in directing the interests of young girls into wholesome channels.

The report of the Committee on Education was given by Mrs. James J. Storrow, of Boston, Mrs. Storrow set forth vigorously her belief in the superiority of practice over theory and her faith in the efficiency of learning by doing. As

proof of her statements she spoke of the work of the Camp for Girl Scout leaders held last summer in Boston; she told of the increasing number of courses for the study of scouting for girls, emphasized their significance, and dwelt on the necessity of standardization of certain details of the scouting plan and program. These suggestions of Mrs. Storrow's led to the authorization, later in the meeting, of a committee on standards to which all matters having to do with awards, badges and requirements will be submitted.

Rev. Percy Gordon read the report of the editorial department. He told of the gratifying reception that THE RALLY has received, and the necessity of co-operation from the scout leaders everywhere if it is to realize its fullest usefulness. He stated that while the expenses of THE RALLY are guaranteed for six months by a public spirited New York man, and while it will, as long as it is published, be sent without charge to commissioners, local secretaries and captains, yet it definitely looks for its support to contributions and subscriptions from those people both in and out of the organization who are able and willing to pay for it, and who think it is worth the money. Mr. Gordon called attention to the fact that the editorial staff at Headquarters is prepared to furnish every week Girl Scout items of general interest to any local council that will arrange with a local newspaper for their regular publication.

Business and Organization

At the request of Mrs. Snowden Marshall, the chairman of the Business Committee, the report of that committee was read by Dr. Russell. It told of the organization of National Headquarters into departments, and the resulting gain in efficiency. It touched briefly on the difficulties that have been overcome under the new system, and the reason for faith in the promises of the equipment department as now organized. The most encouraging feature of the report had to do with the noteworthy reduction of the indebtedness of the organization during the past three months, and the record of the generous gifts that it has received.

The report of the Committee on Organization was embodied in the new constitution and by-laws, to the discussion of which an entire session of the convention was devoted. In advance of this discussion, however, Dr. Russell spoke of the necessity of a broad plan of organization with definitely centralized responsibility, if Girl Scouts are to fulfill their rightful destiny in the training of the young womanhood of the nation. In advance of the discussion of the constitution, Dr. Russell submitted a Declaration of Principles. This declaration was adopted unanimously at a subsequent session. It will be found on another page of THE RALLY.

The Scouting Program

The session of Friday afternoon was given up to a discussion of various aspects of scouting, participated in by leaders from many cities. The first subject was The Scouting Pro-

gram. Mrs. Edna Mary Colman, Commissioner of Washington, D. C., said that a very practical aspect had shown itself in her city, where good scouting technique had led to good jobs. She told of the value of scouting as a training for professional playground work, of the schools in Washington, where membership in scout troops is the reward of high standing, and of the hundred scouts who have gone out from Washington to start troops elsewhere.

Miss C. Adelaide Barker, local secretary of the Cincinnati Council, gave a fine statement, full of unusually constructive suggestions, of the work of her scouts. She illustrated with many examples the fact that the obligations of scouting bring practical results in home life, spoke of the desirability of educating mothers in the usefulness of scouting and of the advisability of presenting always the girl side of scouting in public demonstrations. She impressed the practical advantages of centralizing all scout energies in a few good things, and spoke of an interesting plan of organizing young captains into a troop to learn scouting methods by scouting.

Miss Emma R. Hall, of New Bedford, spoke of the ethical aspects of the program, of the value of the positiveness of the laws, and of the impulse inspired by the scout program to go forth and seek the opportunity to be helpful. Miss Hall's little talk was short and stirring, brimming over with optimism, and a generous spirit of helpfulness.

At this point the convention had the privilege of greeting and hearing from Mrs. E. S. Elliott, of Savannah, the oldest captain in point of service in the organization. Mrs. Elliott told of the unfailing pleasures of scouting and her conviction based on long experience, of the value of training for scout work.

The Ideal Captain

The discussion of the qualifications and work of a captain was opened by Miss Marjorie Edgar, of Minneapolis. She spoke of the necessity for all kinds of captains if one would fit the captain to the troop, and of the necessity for versatility in each and every captain to meet special conditions existing in all troops. She named three requisites for the scout captain—eternal patience, that quality known as "pep," often found in unexpected places, and an all-abiding love for the out of doors.

Miss Nina A. Pape, of Savannah, believed that the outstanding qualifications for a captain were genuine human up-to-date interest in girls and in scouting, executive ability, tact and untiring energy. Miss Pape's little paper was so full of fine, vigorous thought and inspiration that it is with pleasure that *THE RALLY* promises to publish it in full in a later issue.

Miss Louise M. Hall, of Brooklyn, the recently appointed Girl Scout fellow of Teachers' College, believed that a captain should have, first of all, a capacity for friendship sufficiently large to include every girl of her troop as an individual; that she should have the qualities of leadership with scout mothers as well as with scouts, and that in matters having to do with the ideals of scouting she should seek and work from the girls' point of view, no less than from her own. She emphasized

the responsibility of the captain for the troop, and traced the successive stages of loyalty and responsibility from the patrol leader through captain and local council up to National Headquarters.

Dr. Russell, in a brief summing up of this most interesting and vital subject, epitomized all the requirements of a captain in the single quality, creative imagination.

The Need of Standards

The discussion of standards was brief, but was full of earnest thought and definite purpose. Miss Ada M. Gates, Commissioner from Buffalo, stated that the attainment of standards in scouting meant the holding fast to fundamentals, the elimination of unessential detail, and the firm resolve never to permit the principles of the organization to be lost in personality.

Miss Edith Harper, of Philadelphia, spoke of the necessity of standardizing details of scout usage, and made many suggestions that were referred to the Committee on Standards to be appointed by the Executive Committee.

Miss Miriam Raymond, of Buffalo, told of the practical work of her council in standardizing records, tests and captains' examinations, and the good results that had been obtained thereby.

Camping for Girl Scouts

A Girl Scout Camp was discussed by Miss Caroline E. Lewis and Miss Cora Nelson, both of New York, and both possessed of a large and varied experience in camps. Miss Lewis emphasized the rare opportunity afforded by the intimacy of camping to develop scout spirit and to strengthen the relationship between the leader and the girls. Miss Nelson spoke of the great unity to be gained from a standardized plan of camping, outlined briefly the salient points of the Pine Tree Patrol. The Pine Tree Patrol plan will be treated at length in the special Camping Number of *THE RALLY*, which will be published early in the new year.

A Lively Question Box

The Question Box was in charge of Miss Dorris Hough, Girl Scout Fellow at Johns Hopkins' University. The first question: "Shall a man be a Girl Scout captain?" brought forth a laugh, which, however, soon turned into a serious discussion, when it developed that the question had become urgent in more than one community. It was the unanimous vote of the convention that while the interest of men in Girl Scouting was always valued, their services as captains should not be accepted. Many questions were read and discussed with a lively interest that brought out suggestions of value and inspiration to everyone present. So many questions were raised on the matter of uniforms that it was voted to authorize the appointment of a committee to which all matters having to do with the uniform should be referred for final consideration and settlement.

Discussion of Constitution

The third session of the convention, that of Saturday morning, October 27, was given up to the discussion of the new constitution. Printed copies of the document, as submitted by the Committee on Organization—Dr. James E. Russell, Mrs. Arthur O. Choate and Mrs.

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Work for the Soldiers

Directions for Making Comforts for Convalescents

AS THE war goes on the necessities of our soldiers in the field and in the hospitals will demand more and more skilled service from the willing hands of the women and girls of America. Actual necessities, warm garments and surgical dressings, will be called for in increasing volume. Together with this urgent demand to meet which every Girl Scout owes her best efforts, there is another call, singularly appealing, in responding to which Girl Scouts will find a work for which they are well equipped.

The National Special Aid is asking for simple comforts to help bring cheer to convalescent soldiers on their weary way back to health. The articles asked for are not difficult to make, and permit of a wide variety in their contents. The directions given below are contributed by the Girl Scouts of Washington, D. C., who have made all the things described in large numbers.

Scrap Books

One book requires five sheets of manila paper, size 15 by 20 inches. Fold and stitch pages together either with heavy needle and thread, or in any other way that will hold them securely. The book then measures 10 by 15 inches, and will hold 4 columns of newspaper material.

Paste an attractive picture on the cover and letter a title "News from Home" or "News from America."

Inside paste pictures from comic sections, humorous publications, jokes, bits of verse, anecdotes, human interest articles. In short anything and everything that will divert a convalescent and remind him of happier things than war.

Especially include illustrations and short articles on sports.

Thirty-five cents worth of paper will make nine books with a page or so left over.

Weekly Reading Budget

Clip newspaper and magazine stories of all kinds interesting to soldiers abroad. Paste the clipped stories carefully on thin paper or muslin to allow for handling. Date each one or else cut out one each day for a week and mark the collection "Week ending ———." Fold the stories neatly together and place in an ordinary envelope unsealed.

Puzzle Cards

Paste good sized pictures on thin pasteboard. Gay magazine covers are admirable for this purpose. When the card is thoroughly dry cut up into squares or odd-shaped bits like jig saw puzzles. Enclose the cut-up picture in an ordinary envelope and mark "Puzzle."

All the above articles should be sent to the National Special Aid Society, 239 Fifth Avenue, New York, which will forward them to the hospitals in France.

Trench Candles

Cut newspapers into strips down the dividing lines between the columns. Roll one strip into as tight and hard a roll as possible, and add the others to it, one at a time. The harder

and tighter the roll the better the candle. Tie firmly with a thread or cord and drop into a kettle of boiling paraffine and simmer for half an hour. Remove, cool, then put back into the paraffine for another half hour. When cool after the second boiling they are ready for shipment. The rolls of paper may be tied up in bundles and as many put into the kettle as it will hold. These candles burn for two or three hours with a strong steady flame, give a light bright enough to read by, and afford enough heat to warm coffee or soup. A pound of paraffine will make from twenty to twenty-five candles. All local Red Cross chapters are accepting them.

A Girl Scout Heroine

Lucille Chumbley, of Troop II, Dublin, Ga., is entitled to a place on the Roll of Honor, of those Girl Scouts who have saved human life at the risk of their own. She has been awarded the bronze life saving cross, one of the rarest honors of the Scouts. It happened at a Sunday School picnic one day last summer. Lucille and several of her friends were gathered at the edge of a pool practicing the grips taught Girl Scouts to be used in rescuing persons from drowning.

The girls were interested in their sport and paid no attention to young Tommy Hooks, splashing about on the other side of the pool. Suddenly a queer noise startled them. Tommy had gone out too far. He was floundering about in water seven feet deep, and was about to drown.

Quick as a flash Lucille plunged into the water, swam the thirty yards across the pool and seized the boy just as he was going down for the third time. She dragged him to the bank, where he responded to first aid treatment.

Lucille's presence of mind and courage so stirred her friends that they brought the matter to the attention of the Carnegie Hero Fund and it is just possible that she may receive one of the Carnegie medals.

In spite of all the attention her brave act attracted, Lucille is still a true Scout, simple and modest. She says, "I am glad such an opportunity came to me. I can't say how I did it. I guess I didn't take time to think. I just did it."

More Scout Fellows

The list of Girl Scout fellows is now complete. Miss Louise M. Hall, of Brooklyn, has been appointed by Teachers' College, and Miss Helen L. Keller, of Lancaster, Pa., by Boston University. Miss Hall is a graduate of Adelphi College, and of Columbia University, and is a Scout captain of considerable experience. Miss Keller is a graduate of Wells College.

Good Work for the Liberty Loan

"Over the top" went the great Liberty Loan, with the strong young shoulders of the Girl Scouts bent to the loyal task of helping it.

When the Liberty Loan campaign first opened many people were doubtful about Girl Scout participation in it. The Scouts were too young, they thought, or too something else equally unimportant in matters involving patriotic service. The Girl Scouts themselves gave the answer.

National Headquarters went through the formality of offering the services of the organization to the Women's Liberty Loan Committee in Washington, thereby putting the Scouts on record for national service. But as a matter of fact the Scouts were very much in the service before that offer was made and accepted.

On the shortest of notice with practically no preparation or organization they set to work for the Loan, distributing literature, lending their trimly uniformed young selves to parades and other demonstrations, running errands for committees, doing all of the thousand and one things that always wait for ready hands and willing feet.

Best of all, the Girl Scouts not only sold bonds, in amounts aggregating many thousands of dollars, but as troops they bought them themselves. This is as fine a bit of patriotic service as troops can render, to lend their savings to the government for the prosecution of the great war of democracy.

It has not been possible for THE RALLY to collect the names of all the troops that have bought bonds. It takes pleasure in publishing herewith the names of such troops as it knows, and will add to the list next month the names of such others as report their right to a place on this roll of honor.

Liberty Bonds were bought by Clover Troop, Central High School, Minneapolis, Alice H. Leahy, Captain; Troop No. 1, New York, Caroline E. Lewis, Captain; Troop No. 50, New York, Lillian Shelp, Captain; Goldenrod Troop, Garrison, N. Y., Alice Smith, Captain; Poppy Troop, Altoona, Pa., Mai Marsh (Captain); Pansy Troop, Covington, Ga., Mary F. Godfrey, Captain.

No less worthy of honor are the troops in towns where local conditions permitted them to act as bondsaleswomen. The banner troop so far as has been reported to THE RALLY is Troop 3, Huntington, N. Y., Olive C. Scudder, Captain.

These girls sold bonds aggregating \$10,200. The champion saleswoman was Anna Hasselt, who sold forty-three bonds to the total amount of \$5,750. Others girls of the troop with the number of bonds sold were as follows: Dorothy Gottlieb, 17; Cora Whaley, 11; Fannie Thaler, 11; Sophie Mainente, 7; Theresa Balduzzi, 6; Libia Balduzzi 5; Sadie Hawkins and Anna Diele, 3 each; Mildred Eccleston, Ada Kilmeyer, Lillian Diele and Florence Thomas, 2 each; May Barlow and Florence Balcom, one each.

The new illustrated price list of Girl Scout equipment is now available. Captains who require additional copies may secure them without charge from the business department.

Loyal Scouts of Salem

The Girl Scouts of Salem, Mass., about seventy-five in number and organized in five troops, made all their uniforms under trained supervision, having previously earned the money by their own efforts. The uniforms complete—blouse, bloomers, skirt, tie and buttons—cost the girls only two dollars each. Lectures on first aid and on home nursing have been a part of their training. Since war was declared the scouts have been helping every day at Red Cross Headquarters. Each troop is responsible for one day a week, three Scouts reporting at four o'clock every day for whatever duty is assigned them. A large community garden and thirty individual gardens were successfully carried on during the summer on land given for this purpose by a public-spirited woman.

The Jewish Junior Council of Girls has decided to become a part of the scout movement and its members are now preparing themselves for their tenderfoot tests.

That the Salem Scouts are taking advantage of every opportunity offered them is evidenced by the fact that some of their captains attended the National School for Scout Workers held in Boston last summer. They are all loyal scouts, supporting their state organization by a goodly list of sustaining membership subscriptions.

A Troop to be Proud of

The activities of Poppy Troop No. 1, of Altoona, Pa., as reported by its captain, Miss Mai Marsh, are so varied in their character and so efficiently helpful in their results, that one wonders how even "an active, working, live body of 61 girls who have passed their tenderfoot tests," to quote Miss Marsh, can accomplish so much! Poppy Troop, started six months ago, has had no outside financial aid whatever; but by its own efforts, and in addition to regular troop work, it was able to present one of the companies leaving for "Somewhere in France" with a purse of fifty dollars in gold for the Boys' Comfort Fund. The girls are now denying themselves sweets in order to send chocolate to our soldiers in France. All this is addition to Red Cross work, and much drill and parade work for patriotic demonstrations.

Poppy Troop prides itself upon possessing three buglers, five color bearers, and a Red Cross Division equipped with stretchers and emergency kits.

Still a Scout

Ruth J. Ensel, a graduate of Forget-me-not troop of Savannah, Ga., Mrs. E. S. Elliott captain, is the new secretary for Girl Scouts in Toledo, Ohio. Mr. Mark Winchester has recently been appointed city commissioner in Toledo. Mrs. George Stevens, president of the Toledo Council, is inactive this fall on account of illness. City headquarters will shortly be opened in the downtown district.

Courses for Leaders

THE Girl Scout movement is receiving gratifying recognition in the world of education. Courses for Girl Scout leaders under the direction and with the co-operation of educators of high professional standing are being offered in increasing numbers by colleges and universities in various parts of the country wherever scouting for girls has had an opportunity to demonstrate its usefulness in community life. The establishment of these courses indicates an appreciation of the importance of the Girl Scout movement and of its sound basic principles that is most encouraging. They afford rare opportunities to all leaders to increase their equipment and enrich their resources for leadership.

Brief statements of various courses offered are given herewith.

At Boston University

The courses in recreational leadership for girls at Boston University have been extended to include practice courses in scouting. The theoretical courses are given by Miss Mary E. Moxcey and Miss Margaret Slattery, and include the following studies: The Development of Girlhood; Activities of Growing Girls; Training the American Girl for the New Democracy, and The Changing Aspects of American Girlhood. The practical courses are given under the direction of Mrs. James J. Storrow, member of the executive committee, and of the Committee on Education of National Headquarters, Girl Scouts. Signalling and knot tying will be taught by Mrs. Regis Post; Story telling, by Miss Marie Shedlock; Folk Dancing and Singing Games, by Mr. Cecil Sharp; Marching tactics and drill, by Captain F. R. Robinson; Pine Tree Patrol Camping Kit-cart Drill, by Mr. Philip Cabot and Mrs. Storrow. Mrs. Storrow will lecture on Every Day Living.

In Philadelphia

Training classes for Girl Scout captains and lieutenants are being held this fall at Temple University, Philadelphia. The course which began early in October, and will continue for three months, was arranged through the generous assistance and co-operation of Commissioner Betz, of District No. 8, Boy Scouts of America, who not only helped plan the work, but offered the services of some of his best scout masters as instructors.

Classes are held on Monday and Thursday evenings. The class in home nursing under the direction of the Red Cross is taught by Mrs. Walter Lavell, a graduate nurse. Those who pass the final tests will have the privilege of entering a hospital for the seventy-two hours work necessary to become nurses aids, eligible for work in military hospitals.

The class in general scouting is conducted by Scout Master E. C. Morgan, the Boy Scout camp naturalist. It includes signalling, scout-pace, nature study, compass work, tracking,

fire building, map reading and drawing, and hiking.

Instruction in drill is given by Scoutmaster George Reeder, and lectures on civics by various members of the Civics Club of Philadelphia.

Owing to the generosity of the Boy Scouts of America in volunteering the services of the instructors the expenses of the course have been kept so low as to make it almost self-supporting.

At National Headquarters

A course in scouting for girls will be given during the winter at National Headquarters, 537 Fifth Avenue, New York. The course has been arranged by Headquarters in co-operation with the New York Local Council, and is open to captains and others interested in scouting. It will be given under the general direction of Dr. Elbert K. Fretwell and Mr. Sereno Stetson, of Teachers' College, assisted by Miss Caroline Lewis, Miss Matilda Srager and others. Classes will be held on Monday evenings from eight to nine-thirty, for a period of twenty weeks, beginning November 5. A registration fee of one dollar will be charged. Among the subjects to be presented are: The History of the Movement, Character and Function of the Scout Captain, Formation of a Scout Troop, Badges Awards and Scout Requirements, Care of Children, Camping, Scout Games, Nature, Study, Story Telling and Map Making.

At Northrop Collegiate School, Minneapolis

Northrop Collegiate School, of Minneapolis, has offered its fine equipment for the establishment of a training course for Scout leaders. Part of the course is open to all interested in recreational work for girls, while registration in certain specified subjects is limited to Girl Scout captains and those planning to qualify as such. The general courses include: Food Conservation, Camp Cooking and Diet, Girl Psychology, Study of Minnesota Birds, Identification of Wild Flowers and Woodcraft. The special scout courses include Marching, Knot tying, Semaphore and Morse Codes, Scout Games, Scout Aims, and Care of the Camp. Practical demonstrations of Scout activities will be given. The registration fee is \$25.

At Teachers' College

Teachers' College, Columbia University, has generously extended its courses in scouting and recreational leadership to include the activities of Girl Scouts. One group of students began the course in October. A second course covering the same ground is announced to begin on November 12. A fee of \$12 was charged for the first course, and \$10 is charged for the second. The courses are conducted by Dr. Elbert K. Fretwell and Mr. Sereno Stetson. Dr. Fretwell's course includes a general survey of the Boy and Girl Scout movements, their aims, programs, present realizations and constructive policies. Mr. Stetson's course deals with the practical aspects of scouting, and is intended to give the practical training required by scout executives, scout masters and scout captains.

Winning the Golden Eagle

The story of how Helen McWhinney, of Thistle Troop, New Bedford, Mass., won the Gold Eagle, the highest honor of the Scouts, is one of the romances of the Girl Scout world. It is a story of ambition,—of success achieved by hard work and self denial. It stands as a splendid demonstration of the best Girl Scout spirit.

Helen is one of the three Gold Eagle Scouts of the United States. The others, Eleanore Putzki, of Washington, D. C., and Delia Damon, of New Bedford, won this rare honor by no less faithful effort than Helen. The fact that makes her story different from the others is that she won twenty-six merit badges, including the Gold Eagle itself, in less than a year from the time she became a Scout. Rarely, if ever, have such high Scout honors been won in so short a time.

Helen is employed as an operative—a drawer-in, to give the exact name of her work—in one of the great cotton mills of New Bedford. In the beginning she was a clerk there, but she soon realized that she would have a much better opportunity for advancement in the operating than in the clerical department of the establishment. She made her decision accordingly—a decision she has never regretted.

She became interested in scouting only October, 1916, when she helped her brother prepare for his Boy Scout examinations. She soon joined Thistle Troop, Mrs. Elizabeth H. Ridings, Captain, and quickly qualified as a First Class Scout.

Some of the twenty-six merit badges were not difficult for Helen to win, since her daily life had given her experience in many of those things that are counted as accomplishments. But others of the badges meant, owing to the fact of her regular employment, the hardest kind of work. After one has been busy all day and every day at an arduous and responsible task in a great mill, it means real self denial to devote such few hours of leisure as the week may hold to the genuine hard work of scouting.

Helen spent her evenings studying the Morse code for her signalling tests, her luncheon hour studying streets and roads to prepare for her path-finder test, her Saturday afternoons in the woods studying birds and flowers,—yes, and actually felling trees and building, under the direction of Scoutmaster F. W. Bradley, a practical shack.

To qualify as a dairy maid she arose at 3:30 o'clock for ten mornings in succession, rode her bicycle to a farm several miles out of town, milked ten cows, and then hurried back to her daily work in the mill. At night she returned to the farm to test the milk for butter fats. In addition to this she raised 300 incubator chickens and qualified as a proficient bee keeper.

Helen McWhinnie is a scout to be proud of, a scout whose fine spirit is an inspiration to the whole organization, from the tenderest little Tenderfoot right up to the national officers themselves.

A Daily Prayer

By ARTHUR DETMERS

(Captain Louise Kollock, of Mt. Kisco, recommends these verses for use in camp and other Girl Scout work):

To grow a little wiser day by day,
To school my mind and body to obey,
To keep my inner life both clean and strong,
To free my lips from guile, my hands from wrong,
To shut the door on hate and scorn and pride,
To open, then, to love, the windows wide,
To meet with cheerful heart what comes to me,
To change life's discord into harmony,
To share some weary worker's heavy load,
To point some straying comrade to the road,
To know that what I have is not my own,
To feel that I am never quite alone,—

This would I pray
From day to day,
For then I know
My life will flow
In peace until
It be God's will
I go.

A Captain's Plan of Work

"We have our meetings every Friday evening from seven till nine. One lieutenant teaches first aid, another teaches home nursing, another signalling, and a fourth conducts the candidate's class. I have also started training three young girls, more than eighteen years old for lieutenants. I shall not need them, but other troops will. Thus the principal part of Scout work is taught at our meetings.

"The fourth Friday of every month we have a social meeting. The Scouts make and carry out the plans for the evening themselves. They work hard at three meetings and enjoy a good time at the fourth.

"The attendance is excellent. I am very careful not to interfere with school or church work. Perhaps I am too conservative, but I want the Scout work to be above criticism."

NELLIE E. ATKINSON, Captain,
Troop I, West Somerville, Mass.

A Correction

THE RALLY is glad to correct a mistake in the article *A Challenge* in the October number. It was there stated that Troop I, of Forest Hills, Long Island, won the Fourth of July game. Troop II, and not Troop I was the victor. It was a hard fought game, and Troop II is entitled to all the honors of victory.

With the Mount Kisco Scouts

Thistle Troop was organized on June 6, forming five patrols, with 47 members in all. Patrols 1 and 2, who were older girls, met together, while patrols 3, 4 and 5, girls under 14, met at another time.

During June the scouts met faithfully twice a week and worked hard on Tenderfoot tests, going on a hike every Saturday. On the hikes the girls observed birds, flowers, and trees, blazed trails, and sometimes cooked. Varied and wonderful were the hike stories written for the Troop Ledger, sometimes illustrated by kodak pictures, and sometimes by crayon drawings.

The Commissioner, Mrs. John Henry Hammon, offered each girl a quotation book if she would collect in it suitable quotations about the ten Scout Laws, the motto, "Be Prepared," and the general subject of "Service."

Forget-me-not Troop, or Troop II, was formed near the end of June and organized along the same lines as Thistle Troop.

The Scouts were of course extremely anxious to get their uniforms, but each girl was required to earn the money for this purpose by weeding gardens, running errands, or making things and selling them.

The first real event for all the Scouts was the Fourth of July celebration, when the girls, most of them in uniform, took part in the civic parade and attended the flag raising. After these exercises the Scouts marched to the Parish House for their own celebration.

The troops were honored by having as their guest the National President, Mrs. Juliette Low. Mrs. Low made an address and presented the Tenderfoot pins to Thistle Troop. A talk was given by the Commissioner, Mrs. John Henry Hammon and a flag presented by Mrs. Baldwin, and received by Susan Borland, leader of Patrol I. There were patriotic songs, and readings and demonstrations of scout activities, by individual girls and by the Brownies.

After July 4, every second Scout meeting was devoted to the preparation of bandages and surgical dressings for the Red Cross. Several of the Scouts have voluntarily helped at the Canning demonstration kitchen, where they saw canned or pickled, almost every known vegetable.

During the summer, the girls enjoyed, with the Boy Scouts, two lectures on Astronomy by Mr. H. D. Miner. The first was given indoors and was illustrated with slides, and the second was given outdoors, illustrated by the stars themselves, seen through a telescope.

In August, the troops had the happiness to be invited to spend a time at Wodelesse, the summer home of Mrs. Juliette Low, near Ossining, in the Scout camp she had established on her grounds.

Mr. C. F. Sharp, superintendent of schools at Lockland, O., stated at a recent teachers' meeting that he welcomed girl scouting into the schools of the city, and would be glad to recognize the work done, by giving credit toward graduation.

Fees are Due

The attention of captains is called to the fact that troop registration fees are now due. All girls belonging to a troop on October 1 are liable for a registration fee of twenty-five cents, no matter on what date they joined. Captains are urged to give this matter their immediate attention, and to collect and forward the fees without delay. They will thereby render great assistance to Headquarters.

THE RALLY, it will be recalled, is now the official means of communicating with captains and other leaders, and no notices other than those appearing in its columns need be expected.

Red Cross and Schools

A conference with the officers of the Junior Red Cross established the fact that the membership of that organization is to be of young people enrolled as schools and not as individuals or as organizations. Girl Scouts will therefore belong to this department through their schools and not through the Scouts. As Girl Scouts they are affiliated directly with the American Red Cross, which accepted their services last winter when American participation in the war was assured.

A Veteran Captain

Mrs. Edward S. Elliott, of Savannah, is one of the oldest captains in point of service that the Girl Scouts can claim. Mrs. Elliott has just completed her fifth year of service. Her first troop of girls have all "graduated" from active scouting, and she is this fall organizing her second group of ten girls as Forget-me-not Troop No. 4. Mrs. Elliott believes that ten girls make the ideal-sized troop.

A Tribute

The Girl Scouts of Bristol, Tenn.-Va., raised \$100 by public subscription for the company fund of their local soldiers. Their work was highly commended by the soldiers who expressed deep appreciation. Captain W. A. Buckles of the company said: "We cannot estimate the services of the local Girl Scouts too highly. They have responded to the call for duty in a way that marks them as real patriots and loyal Americans." In recognition of their services the girls were invited to march in a place of honor in the farewell parade given to the company.

The Matter of Khaki

Here is a fact which every Girl Scout should know and publish, in order that no one may think that we are infringing upon the rights of those to whom khaki belongs first—our brave soldiers: The khaki used by the Girl Scout organization is neither the color nor the weight of that used by the United States army, therefore our use of its does not in any way affect the supply needed for the soldiers.

Red Cross Good Turns

Goldenrod Troop No. 11, of Bartlesville, Okla., has specialized on the making of arm bandages. Captain Baxter took special instruction for making this particular surgical dressing. She herself takes the materials from local Red Cross Headquarters, and is responsible for the finished work of the Scouts. By specializing the girls have developed skill and speed and so increased the value of their services.

Girl Scouts of Lockland, O., are collecting magazines for the soldiers, and are knitting wrist warmers and sweaters for the Red Cross.

Girl Scouts of Warren, Pa., are assisting the D. A. R. of that town in furnishing a kitchen trailer for a Red Cross field ambulance.

Iris Troop, of Toledo, O., gave a reception and social the middle of August for the benefit of the Red Cross.

Scouts of Pleasantville, N. Y., took charge, through a committee, of the local Red Cross workroom and provided two girls a day during the entire summer, for cleaning and attendance there.

Three hundred dollars was the sum raised by public subscription by the Girl Scouts of Bristol, Tenn.-Va., for the Red Cross fund.

Groups of eight Girl Scouts of Washington, D. C., have daily assisted the Red Cross Refreshment corps in making and serving sandwiches to soldiers passing through on their way to the different cantonments. An average of five thousand soldiers was served every day for a considerable period.

Cincinnati Girl Scouts are at work knitting 350 mufflers for the Red Cross. The Cincinnati troops are regularly enrolled as a Girl Scout Auxiliary of the American Red Cross.

The troops in Lockland, O., voted \$10 from their treasury for the purchase of yarn and have undertaken to knit fifty mufflers.

Fall Work in the Garden

Now is the time to think about putting the garden to bed for the winter in such a way that it will waken bright and early in the spring ready for early planting and a bumper crop.

The first thing to do when all the vegetables have been gathered is to collect all stakes and material that may be used again and put them neatly away. All rubbish, stalks, etc., should then be raked up and burned in order to destroy injurious insects and plant diseases. The whole garden should then be plowed or spaded to a depth of eight or ten inches. It should not be raked, but should be left rough with, if possible a layer of stable manure spread over the surface.

Successful Program for Brownies

Maple company of Brownies, organized last spring at Mt. Kisco, N. Y., and numbering twelve members, met faithfully once a week all summer, working hard on tests. At present most of them are second class Brownies, and some nearly first class.

Whenever possible the meetings, which lasted about two hours, were held out doors.

A program follows, every point of which has been tested and found successful:

Roll-call—Rise, salute and say "Present"

Study the Promise and Laws.

Study whistle signals.

Fall in for drilling, according to height.

Attention, right dress, facings, marching forward and backward.

Marching in single file. Danish exercises while marching. Practice running, skipping and hopping.

Halt and do Swedish setting-up exercises.

Break ranks and be seated.

A story or a poem about bird or animal life, sometimes told by the captain, sometimes by a Brownie. Free talk about birds and animals; or, a story told, and afterwards "played" by the Brownies,—such as *Pied Piper*; or, "Adventures of a Brownie," read by captain.

At alternate meetings, instead of above, work was done for tests.

Making scrap books. The children bring blank books, scissors, pictures and paste. At the end of the summer, the books will be given to a New York Children's Hospital.

Games: Races, tag (various kinds), singing games, drop the handkerchief, Prisoner's Base.

The Girl Scouts are learning a lot of useful things at once. We hope they will not get any of the element used in their fire fighting classes mixed with the supplies needed for milking practice.—N. Y. *Evening Sun*.

Physical Education and the Girl Scout Movement

(Continued from page 2)

and team work; signal practice is excellent exercise in itself and also trains the brain through the eye; games are an absolute necessity in the development of every growing girl; as for the hikes, too much cannot be said in their favor, for there is no better general exercise than brisk walking and when this is combined with the joy of the camp-fire anything finer is hard to imagine.

This brings us back to my first statement that the main trouble with gymnastic work in schools is that it is executed mainly indoors. Practically all the Girl Scout activities take them out of doors. The girl learns to love to be out of doors and to do out-of-door things, all of which make for a better all-round development, mentally, morally and physically, and incidentally make the girl a better companion for her father, her brother, and later on, we hope for her husband.

National Service of the Girl Scouts

(Continued from page 3)

they assumed an obligation that is being faithfully fulfilled. Girl Scouts are doing every kind of Red Cross work there is to do. Sometimes it is interesting and varied, more often it is hard digging at monotonous tasks. In many places the duty of caring for the work room has been assigned to them. They get out the supplies, remain on duty as messengers and helpers to the adult workers, and pick up and sweep the room at the end of the day.

Their faithfulness and regularity in performing this duty has won for them increased responsibilities. Scouts are now, under trained supervision, generally intrusted with the making of hospital garments. In New York the Girl Scouts have formed an Auxiliary to the Red Cross, and have opened a work room of their own, where they make garments and surgical dressings under the direction of the Red Cross.

In Mobile, Alabama, the Scouts in two months made the following articles: three hundred slings, twenty-five nightingales, fifteen fracture pillows, twenty-five pairs of bed socks and fifty abdominal bandages.

The chief war work of the Scouts in Minneapolis, Minn., has been the somewhat distasteful but very necessary task of oakum picking. Oakum is the tarred waste from rope. It must all be carefully picked apart to get out the little sticks that are through it, and then must be made into pads and folded in gauze. Every Saturday, but one, since June 30, Girl Scouts, averaging twenty in numbers, have met at one of the Red Cross branches for this work. Several girls have become so expert that they have been appointed Red Cross inspectors.

The enormous demand of the Red Cross for knitted garments met an instant response from the Girl Scouts. Needles began clicking busily at every troop meeting. In Toledo, Ohio, every girl in Red Rose troop learned to knit and pledged her work to the Red Cross. Philadelphia Scouts pledged 350 knitted mufflers. Mrs. Low supplied yarn to the Mt. Kisco girls who would undertake to knit it into garments.

Work for Food Conservation

The work of the Girl Scouts of Washington, led by their commissioner, Mrs. Edna Mary Colman, has been the outstanding feature of the Scouts contribution to the Food Conservation campaign, and has won for the whole organization much favorable comment. This work was fully described in the October number of *THE RALLY*. It has now been extended to include other features of food conservation in addition to canning. Groups of Girl Scouts are being trained in war cookery by the Department of Agriculture. They are learning the use of the most approved substitutes and the most economic methods of preparing meats, making breads, etc. When their instruction is complete they will be sent to clubs, settlement houses, and schools to demonstrate what they have learned to other girls and women.

Notable as the work of the Washington girls has been, it must not be thought that

they are the only Scouts who have given generously of themselves to this particular cause. Every Scout garden last summer—and they dotted the country like the brown flecks in a tiger lily—was a direct contribution to the work of the Food Administration. The entire product of many of these gardens was canned and given to some worthy cause, usually to a Day Nursery.

The Girl Scout pledge "To Save for a Soldier" must not be forgotten. Every girl who signed these cards promised thereby to give up wheat breads and cereals one meal a day, meat one day a week, sweet drinks one day a week, and candy two days a week. Thousands of girls signed these cards, and are faithfully keeping their pledge, thereby doing a direct and personal bit of patriotic service.

Comforts for Soldiers

The work for the soldiers, supplying little comforts and pleasures for the men at the front, is particularly appealing and interesting to the Scouts. Scouts have done almost as many different things for the soldiers as there are scouts themselves. In Washington, the girls undertook definite canteen service. Details of them made 500 sandwiches daily from the jams they themselves had put up. Other details distributed them to the soldiers passing through the city on their way to the camps.

In Philadelphia the Scouts earned nine dollars to buy chocolate for the soldiers in France; in Middletown, O., they secured enough monthly subscriptions of twenty-five cents each to send a box of comforts every month to the Middletown soldiers in the camps. In Colorado Springs, they took part in the Old Silver campaign, collecting worn and discarded articles to be sold for a fund to fill Christmas boxes for soldiers and sailors. When the boxes were ready the girls themselves undertook the work of wrapping and tying the 600 packages. Sunflower Troop, in Minneapolis, has taken for its special war work the cutting out and mounting of magazine cover pictures for the war hospitals in France. Gay colorful pictures are chosen—war subjects barred—which are mounted on heavy pasteboard mats. Two hundred pictures were made and shipped in a month.

In their work for the soldiers the Girl Scouts—but why enumerate further. It is all the same story that grows and changes and develops from one day to another. The merest suggestion of a need from the men in the field brings immediate response from Girl Scouts all over the United States, a response prompted by a keen desire for service as an expression of patriotism and executed with a loyal steadfastness of purpose typical of the best in the spirit of scouting.

The Girl Scouts of York, Pa., have pledged themselves to devote one morning a month to Red Cross work. The troops take turns on duty at the Red Cross work rooms.

In Augusta, Ga., Girl Scouts gave a day to collecting books, magazines and other matter for the soldiers at Camp Hancock. Their work was organized in advance and effectively carried out.

Convention Makes History

(Continued from page 6)

James J. Storrow—had been put in the hands of the delegates and officers, and all were familiar with its provisions. The constitution and by-laws were read and discussed and amended article by article, Dr. Russell elucidating any obscure points of interpretation and pointing out the significance of every phrase that held a meaning so broad as to have an ultimate effect on the principles and policies of the organization. After a discussion in which the freest opportunity for expression was given to everyone present, the document, as amended, and as published as a supplement to this number of *THE RALLY*, was unanimously adopted.

Declaration of Principles

The discussion of the Declaration of Principles offered by Dr. Russell and adopted unanimously, brought out a fine expression of loyalty to the organization of Girl Scouts and to its leader, Mrs. Juliette Low, and of earnest faith in the justice of its claim to stand as the leader in any national plan for the training of young girls. How sincere is that faith was shown by the decision to submit all causes tending to prevent fullest co-operation between the Boy Scouts of America and the Girl Scouts to a board of arbitration. The resolution to this effect offered by Mrs. Arthur O. Choate and adopted by the convention was as follows:

RESOLVED, That the Executive Board be empowered to submit to neutral arbitration all matters now causing friction or that may cause friction between the Boy Scouts organization and the Girl Scouts organization.

The final work of the convention was the presentation of the report of the nominating committee, the acceptance of nominations from the floor, and the election of officers. Officers will be announced in the December *RALLY*.

Convention Notes

Trench candles in various stages of making, and Christmas bundles for the soldiers, showing contents and methods of packing, made up an interesting little exhibit, brought to the convention by the Washington delegation.

When Mrs. Low addressed the first session of the convention, she carried an armful of pink chrysanthemums, the tribute of the Savannah delegation.

The trim Norfolk jacket uniforms worn by Mrs. James J. Storrow and Mrs. Arthur W. Hartt, of the Boston delegation at the Friday sessions, attracted much attention. They were the uniforms in favor with the Boston Scout leaders. Mrs. Hartt exhibited a model for a uniform for scouts, which was referred to the Committee on Uniforms.

The reception given by Mrs. Low, Friday evening, offered a delightful opportunity for the renewal of old friendships and the beginning of new ones. The delegates and officers of the convention were present practically as a body, together with members of the New York Council and a number of New York captains in uniform.

Both Savannah and Philadelphia extended cordial invitations to the convention for its next meeting. Action on these invitations will be taken by the Executive Committee.

Twenty-six cities and towns were represented at the convention. They were as follows: Philadelphia, seven delegates; Washington, four; Boston, four; Elizabeth, N. J., four; New Bedford, Mass., four; New York, four; Newark, N. J., three; Savannah, Ga., three; Lehigh, Pa., three; Cincinnati, three; Brookline, Mass., two; Mount Kisco, N. Y., two; Buffalo, two; and one each from Mobile, Ala., Cheshire, Conn., Millis, Mass., Minneapolis, Minn., Salem, Mass., Germantown, Pa., Harrison, N. J., Wiscasset, Maine, Glen Ridge, N. J., West Springfield, Mass., Springfield, Mass., Palisade, N. J., and Glen Cove, N. Y.

To Co-operate with Canning Clubs

Plans are under way to affect a co-operative combination of the activities of the Canning Club Girls of the Agriculture Department in forty-eight states with the activities of the Girl Scouts. Leaders of both organization after conference and mature deliberation have decided that each movement may contribute to the other with mutual advantage.

At the big Convention of state agents from the fifteen states to be held in Washington in November, a Scout demonstration is to be one of the features of the program.

Captains are requested to urge lieutenants and scouts to mention always the troop name when corresponding with Headquarters. The keeping of records at Headquarters will be greatly facilitated if Captains will make a practice of signing their names always in the same way. A case is on record of three letters signed respectively Mary Smith, M. J. Smith and Jane Smith. All were written by the same captain. The business of Headquarters is so large, and the matter of record keeping is so important that the co-operation and assistance of captains in this regard is most valuable and important.

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News of the Troops

Mrs. W. C. Baxter, captain of Goldenrod Troop No. 11, of Bartlesville, Okla., is an expert swimmer, and has herself instructed all the Scouts of her troop in that art.

The Mt. Carmel, Pa., Scouts enjoyed a two days' hike at the end of their summer vacation. They carried their own rations and blankets, cooked their meals over the camp fire, and slept in the open.

Forget-me-not Troop of Franklin, Mass., is organizing an athletic team and would like to arrange games with other troops. This troop, Emily E. J. Young captain, had a busy and profitable summer. With an enrollment of 24 the average weekly attendance numbered 20. The girls work regularly with the local Red Cross chapter, and are planning a dance for the local Red Cross fund. They are now working busily decorating their club room with handmade posters and maps of Franklin and the nearby country.

Magnolia Troop, of Tampa, Fla., has had a busy summer. It gave an entertainment, with receipts of \$17, to help furnish its hangar, tied tags for Ambulance day, made comfort pillows, took part in Tag Day and in the patriotic farewell to the local soldiers. A Red Cross Nurse has instructed the Senior Patrol in making an invalid bed. Mrs. James A. Mortland, who was the organizer of Magnolia Troop, has recently moved to Tallahassee.

The first work of the new Arbutus Troop of Bradford, Pa., Mrs. Shirley Bell Hastings, captain, was to assist the Salvation Army in raising its fund for sending ambulances to Europe. Arbutus Troop devoted Friday afternoons throughout the summer to sewing for the Red Cross.

Girl Scouts of Everett, Mass., participated in the parade that was a feature of the city's celebration of the 25th anniversary of its incorporation.

Mrs. Bert Ackerman is the captain and Mrs. L. W. Priest the lieutenant of a newly organized troop at Plessis, N. Y.

Mrs. Sam Carter Waddell, of Bristol, Tenn., has established a regular department of Girl Scout news in the *Bristol Herald-Courier*. She has also a small blackboard in the corridor of the principal hotel in Bristol where notices of Scout meetings and other announcements are posted.

Girl Scouts of Cordole, Ga., acted as waitresses in a local restaurant one day to earn money to pay for their uniforms and equipment. They received 30% of the proceeds of the day.

Captain Mary G. MacDonald and the girls of Bittersweet Troop of New Britain, Conn.,

enjoyed an overnight stay at a hunting lodge within hiking distance of town. They carried blankets and food for three meals. The troop was divided into three groups, each group being responsible for the cooking, serving and cleaning up of one meal.

On the occasion of the great Red Cross Pageant at Huntington, L. I., on October 5, the Scouts did a humble but very necessary service. Luncheon and supper were served to the members of Sousa's band in the dining room of one of the churches, and the scouts, in uniform, acted as waitresses. In recognition of this service the girls were invited to see the pageant, a beautiful and inspiring spectacle.

During their summer vacation the Scouts of Holland, Mich., earned \$8.00 to contribute to the Red Cross.

Girl Scouts of Dalton, Mass., held a successful food sale to earn money for the annual troop registration fee.

Troops at South Wales, Snyder and Tonawanda, N. Y., volunteered their services for the Food Conservation campaign and did valuable work distributing pledge cards and literature.

Girl Scouts of Buffalo were on duty at the community kitchen, Chippewa Market, every Saturday evening during October helping prepare fruits and vegetables, and making themselves generally useful.

Girl Scouts of Winchester, Mass., are busy this fall making their new uniforms.

Scout Honors

Helen Tew, a Girl Scout of Washington, D. C., has been awarded a prize of \$5 and a national certificate of merit by the National Emergency Food Garden Commission. The award was made in a vegetable canning contest.

In the Library Exhibit held in September at the Minneapolis Public Library, a Girl Scout won the first prize for plain sewing. Her exhibit was a Scout uniform.

Red Rose Troop No. 4 of Toledo, Ohio, Blanche B. Herzog, captain, won prizes amounting to \$10 at the war garden show held in the Toledo Museum.

Elizabeth Ashburner won the prize offered by the Liberty Loan Committee of Colorado Springs, for the best essay written by a Girl or a Boy Scout on "Why I should buy a Liberty Bond." Nineteen girls and four boys competed. The prize is a silver ring with the raised letters, G. S. A. Elizabeth is an English girl who has lived in the United States for several years. Many of her relatives are fighting with the English army, and some of them have already given their lives.

Girl Scout Camp Songs

Contributed by White Rose Troop No. 2,

New Bedford, Mass.

DORRIS HOUGH, Captain.

(Tune—Same Sort of Girl.)

G-I-R-L, S-C-O-U-T-S.

Girl Scouts are we, and you never can guess,
All of the things we are able to do.
First Aid and Semaphore, wig-wagging, too;
Then we do dancing, both fancy and plain.
Still are the champs of the basketball game,
And from our Captain we've all learned to be
Of service to each and to all.

(Tune—American, I Raised My Boy for You.)

America, we Scouts are all for you,
America, you'll find us brave and true,
Place your burdens on our shoulders,
We are ready to do or die;
America, we're not the only ones,
We know the rest will try,
So, if you want some others,
To take the place of our brothers,
America, we're prepared!

By Lois Henderson, Cambridge, Mass.

(Tune—Marching Through Georgia.)

Girl Scouts, we are ready to obey our country's call,

Girl Scouts, we are ready, we are waiting one and all;

We are true and loyal although some of us are small,

We'll do our bit for our country.

CHORUS:

The times have made "Preparedness" our goal;
Hurrah! Hurrah! we're working heart and soul;

We'll stand by our leader and we'll stand by our patrol,

We'll do our bit for our country.

We'll stand by our country like the "Boys of '61";

We will never waver till our work for her is done;

We can sew for soldiers though we cannot use a gun,

We'll do our bit for our country.



Outfits for Girls' Schools and Camps

We make a specialty of uniforms for girls' schools and camps and will be pleased to submit all information upon request.



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